

Walking on Snow and Ice Safely

If you cannot avoid walking on snow or ice, here are a few key things that you can do to reduce the risk of falling:

1. Wear boots or overshoes with grip soles.
2. Take short to medium steps. In particularly icy areas, just shuffle your feet.
3. Keep your center of gravity over your feet. For example, do not step over curbs or piles of snow. Your feet are much more likely to slip when they are extended.
4. Avoid uneven surfaces like icy curbs, and remember that snow offers more traction than ice.
5. Your arms are an important factor in adjusting your balance. Don't walk with your hands in your pockets, and don't carry heavy loads.

For home and work, you might want to choose from a number of styles and brands of slip-on, ice-gripping accessories for shoes – men's and women's. Many outdoor-sports equipment companies sell them. This is not a brand endorsement, but here are some examples:



Important note: As good as these devices are on snow and ice, they are very slippery on hard-surface floors. Remove them as soon as you enter a building – preferably on the walk-off mat at the door.